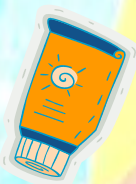


Child Fatality Review

Inside this issue:

Summer Safety Tips	1
Pool Safety	2
Bike & Wheels Safety	2
March of Dimes Walk	2
Highlight of the Month	2



Protecting Children From the Sun

Just a few serious sunburns can increase your child's risk of skin cancer later in life. Children don't have to be at the pool, beach, or on vacation to get too much sun. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

- **Seek Shade**
- **Cover up**
- **Get a hat**
- **Wear sunglasses**
- **Apply sunscreen**

Reapply sunscreen during the day, especially after your child swims or exercises.

Sunscreen is not meant to allow kids to spend more time in the sun, try combining sunscreen with other options to prevent UV damage.

For more information:

http://www.cdc.gov/cancer/skin/basic_info/



Summer Safety Tips

Water can be very dangerous for young children. Drowning is the most common cause of accidental injury death for children ages 1 to 4. In order to teach children and their families about how to be safe in and around water, Safe Kids Worldwide partnered with Young Minds Inspired, the National Head Start Association, the U.S. Consumer Product Safety Commission, and water safety experts to create Start Safe: Water.

Start Safe: Water is a free educational program designed to teach children ages 2 to 4 and their families about water safety, and provides educators the tools they need to deliver important water safety information. The program emphasizes three key messages associated with using layers of protection in and around water— **Lock, Look, Learn**. Safety messages are delivered to children, parents, and caregivers through educators, local Safe Kids coalitions, and the fire service.

Resources for educators, program materials, and online games for adults and children can be found at <http://www.safekids.org/educators/Start-safe/water-safety/>.

Water basics:

- Always supervise children in and around water. Never allow them to be near water alone.
- Teach young children how to swim, float and other basic life-saving skills.
- Install alarms on doors leading from the house to the pool area that will alert you when someone enters the pool area.

At the pool:

- Install four-sided isolation fencing at least 5 feet high, equipped with self-closing and self-latching gates, around home swimming pools and portable pools and encourage neighbors to do the same.
- Keep rescue equipment, a telephone and emergency numbers by the pool.

In open water:

- Always wear a U.S. Coast Guard-approved life jacket around oceans, rivers or lakes or when participating in water sports.
- Never swim alone!! Even good swimmers need buddies!
- Never let your child swim in canals or any fast moving water.

Remember to Pool Safely!

Simple Steps
Save Lives

Visit the Kid's Corner at www.PoolSafely.gov



Bikes and Wheels Safety for Kids

- Make sure your child has the right size helmet and wears it every time.
- Actively supervise children.
- Avoid riding around cars.
- Practice bike safety: learn the rules of the road, wear reflective clothes and stickers and ride on sidewalks when possible.
- Maintain equipment properly.



For more information: <http://www.safekids.org/safety-basics/big-kids/at-play/bike-and-wheels-safety.html>

Are you a parent, relative or friend of a premature baby, a baby born with birth defects, other health problems or children who spent time in neonatal intensive care?

Join March for Babies by forming a Family Team!

Funds raised in Kentucky are vital to helping us create stronger, healthier babies. Out of every dollar raised, Eighty cents goes back to our mission. We invest it in programs for community services, education, advocacy, and research.



To find your local or nearby March of Dimes Walk that you may participate or donate funds toward, please contact Sandy Bowling at (502) 895-3734 to get involved or go to <http://www.marchofdimes.com/kentucky/4221.asp>

Highlight of the Month

A single rule— wear a helmet— can reduce the risk of head injury by as much as 85 percent.

1. Brain injuries occur most often when skaters fall and hit their head on the pavement.
2. Approximately 5% of soccer players sustain brain injuries as a result of falls, head-to-head contact or being struck on the head by a ball.
3. The head is involved in more baseball injuries than any other body part. Almost half of these injuries involve children.

Please send suggestions or articles that you would like to see included in the newsletter. We welcome the chance to highlight your activities, overviews of your program, local team achievements, projects that have come from local reviews.

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For more information visit:

<http://chfs.ky.gov/dph/mch/cfhi/childfatality.htm>

